

Shelburne Family Resource Centre June 2023

Find out more information or to register for programs at the Shelburne Family Resource Centre

Please call 902 875 3256 or email sandrahemeon@bellaliant.com

****All programs are free to attend****



157 Water Street, Unit L1

P.O. Box 532 Shelburne

Nova Scotia B0T 1W0

www.southshorefamilyresource.org

902 875 3256

Toddler Time (Ages 1-4) (drop-in)

157 Water Street, Monday June 5th, 12th, 19th, 26th from 10-11:30 am

Toddlers and caregivers get to socialize with peers, learn to share, play and have access to resources, siblings welcome

Baby & Me (ages 0-18 months) (drop-in)

157 Water Street, Tuesday June 6th, 13th, 20th, 27th from 10 am -12 noon

Caregivers of babies have an opportunity to socialize, share experiences and access resources, siblings welcome

Mom's Lounge with Shania (all ages) (registration required)

157 Water Street, Wednesday June 7th, 14th, 21st, 28th from 10-11:30 am

Come visit with Shania from ElevateHER in a safe space for moms to socialize in a casual setting and connect with others for support. Resources and childcare provided if needed. Activities vary weekly

Afterschool Club (students in grades 4, 5 and 6 at Hillcrest Academy) (Closed group, registration required)

Thursday June 1st, 8th from 2-3 pm at Hillcrest Academy

Registered students will explore crafting, socializing and activities, weekly registration required

Prenatal Zoom Education Sessions (expecting parents)(registration required)

Via Zoom Meetings, Thursday June 15th, 22nd, 29th from 2-3 pm

Prenatal sessions offered via zoom. Three education sessions about healthy pregnancies, labor and delivery, infant feeding, safety, attachment and other resources. Please call centre to register

Community Playgroup (all ages) (drop-in)

27 Park Lane Barrington, Sherose Island Rec. Centre, Thursday June 1st, 8th, 15th, 22nd, 29th from 10-11:30 am

35 North Street Lockeport, Lillian Benham Library, Friday June 9th, 23rd from 9:30-10:30 am

Families with children of all ages participate in a variety of free play, songs, games, hands on learning and story time

Car Seat Inspections

Information regarding car seats and inspections of car seats free of charge, call centre for details